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GUIDELINES® PROGRAM REVISED

The Bulletin talks with David Mulvey, TMI Programs Director.

Bulletin: Can you tell us a little bit about the new, updated version of the *Guidelines* program, and what people should expect?

David Mulvey: The new *Guidelines* program has been expanded by one day. It will now run, like the *Gateway Voyage*® and the *H-Plus*® program, Saturday afternoon until Friday morning. The expansion includes additional program tapes and a one-on-one lab session for each participant. As always, the *Guidelines* program will consist primarily of Focus 15 tapes. After a review of [Focus] 10 and 12, the great majority of the week will be spent in Focus 15. There will also be several additional Focus 21 tapes not previously available in the *Guidelines* Program.

The overall purpose of the *Guidelines* program remains the same-primarily to help individuals get in touch with their inner guidance or total self, to learn their own ways of accessing inner information, and to use the insight they gain from that expanded perpsective to improve their daily lives. The secondary focus of the *Guidelines* program is to help individuals learn to verbally report while in these various Focus levels (primarily Focus 15 and Focus 21), without disturbing the depth of those levels.

Bulletin: What is that individual lab session going to be like?

David: The procedure for that is still being developed by Darlene Miller, Ph.D., who is designing the new *Personal Resource Exploration Program* (PREP) at TMI. Darlene is now in charge of individual lab sessions and the monitor team that conducts those sessions. Just as we always emphasize the individual nature of people's experiences, the lab session very likely will be highly individualized, depending on what direction the person in the booth wants to take it. The monitor will be able to adjust the mix of Hemi-Sync® signals based on the individual's needs and preferences. The session will run approximately 45 minutes in the booth, once the participant is settled in and ready to go.

Bulletin: When does the new *Guidelines* Program start?

David: The first new and improved *Guidelines* Program will be February 25 through March 3.

Bulletin: Is there anything else going on with programs at TMI that members should be aware of?

David: We do have plans to update the *Gateway Voyage* program as well. We are in the process of modifying some of the existing program tapes, and we will be adding at least one new program tape. We will introduce, on an experimental basis, new Hemi-Sync signals that are being developed in the lab, as a part of the PREP and Brainmapping Project. Based on responses from the groups, we will ultimately end up modifying and remastering all of the program tapes.

Bulletin: Given the fact that more and more people are finding out about TMI and the work that is going on there, what is being done to make the programs accessible to a wider audience?

David: We are increasing the number of programs held here at the Institute. We have also left some open dates. Depending on how registration goes, we might schedule additional programs in '89. One of my projects in '89 will be to get in touch with other conference centers around the country to see about bringing the *Gateway Voyage* and *Human-Plus* programs to those places as well. That's still in the developmental stage right now. That could possibly expand beyond the borders of the United States. [See "On the Road Again" article in this issue, for more information about the latest developments in TMI programs outside of Virginia.]

Bulletin: Anything else of interest to Bulletin readers?

David: We will be having an expanded number of *Human-Plus* Programs in '89. Because of the nature of the *Guidelines* program, where people have tape recorders in their CHEC units where they can learn to report from the various Focus levels, the *Guidelines* program for the time being will remain exclusive to the facility here in Virginia.

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